

WHAT IS CLAIMED IS:

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5 1. An orthotic insert, comprising:

 a one-piece body having an upper surface shaped to engage a plantar surface of a foot, so as to control and direct the motions thereof, said insert being formed unitarily of a molded rigid, resiliently flexible, substantially non-compressible material;

10 a raised arch portion formed on a medial side of said one-piece body;

 a cutout area formed in said body below said arch portion so that an upper layer of said molded material has a thickness in said arch portion that is generally similar to a thickness of said material in other areas of said body; and

15 a plurality of generally vertical ribs formed on said body in said cutout area, said ribs extending downwardly from said upper layer of molded material and having lower edges for engaging an insole of a shoe, so that said ribs will support said arch area and prevent said upper layer of material from collapsing and changing shape under said foot.

20 2. The orthotic insert of claim 1, wherein said plurality of ribs extends generally parallel to one another and perpendicular to a lengthwise axis of said insert.

 3. The orthotic insert of claim 2, wherein said each of said ribs is separated from adjacent ribs by a spaced gap over substantially a full height thereof, from said
25 upper layer to said lower edges of said ribs.

 4. The orthotic insert of claim 3, wherein each of said ribs is substantially straight in horizontal cross-section and extends in a plane substantially perpendicular to said lengthwise axis of said insert.

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 5. The orthotic insert of claim 4, wherein each of said ribs comprises:

 a generally horizontally extending lower edge for engaging an insole of a dress shoe; and

5 a generally upwardly extending outer edge for accommodating an upper portion of said shoe;

 said lower and outer edges of said ribs being free from attachment to edges of adjacent ribs.

10 6. The orthotic insert of claim 5, wherein said ribs terminate a spaced distance medially from a lengthwise centerline of said insert, so that a central portion of a lower surface of said insert is free of said ribs so as to have minimal thickness generally along a lengthwise centerline of said shoe.

15 7. The orthotic insert of claim 6, further comprising:
 a depending ridge formed on said body generally around a perimeter of said lower surface thereof, for penetrating into an insole of a shoe in response to pressure exerted downwardly on said insert by a foot, so as to stabilize said insert against sliding or shifting in said shoe.

20 8. The orthotic insert of claim 7, wherein said central portion of said lower surface of said insert is generally convexly curved so as to conform to a concavely curved insole, and said depending ridge extends between said lengthwise centerline of said insert and said ribs so as to be able to engage said insole when said insert is loaded on said
25 medial side thereof.

 9. The orthotic insert of claim 7, wherein said insert is a 3/4-length insert having a forward edge configured to be positioned proximal a metatarsal head area of said foot, and wherein said depending ridge extends at a spaced distance therefrom so as
30 to form a thin forward lip for being position beneath and proximal said metatarsal head area of said foot.

 10. The orthotic insert of claim 5, wherein each of said ridges has a thickness generally similar to said thickness of said material in said upper layer of said body.

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- 5 11. The orthotic insert of claim 10, wherein said rigid, resiliently flexible,
substantially noncompressible material is injection-molded plastic.

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